

**WIGAN PHOENIX**  
**THE STANDISH HALL TRAIL RACE**  
(UNDER TRA RULES. PERMIT 691 )

**SATURDAY 18th FEBRUARY 2017 at 2.30PM**

DISTANCE - APPROX 10K      MINIMUM AGE - 16

Course records:

Matt Moorhouse, Salford Harriers, 34.15; Lauren Howarth, Leigh Harriers, 37.04

**REGISTRATION: BRITANNIA HOTEL, ALMOND BROOK RD, WN6 0SR (NEAR M6 J27)**

Runners of all standards welcome. Bar and free results on the day  
The course (link below) is completely off road on bridle paths and woodland trails

<http://www.movescount.com/moves/move49505230#.VK7-SLiYGeU.email>

**Back by Public Demand - A Free Wigan Pie!**

THE  
**EnduranceStore**  
www.theendurancestore.com

**PRIZES (Kindly Sponsored by The Endurance Store)**  
**1<sup>st</sup> 5 MEN, 1<sup>st</sup> 3 WOMEN + 1<sup>st</sup> JUNIORS (U20), 1<sup>st</sup>/2<sup>nd</sup> VET,**  
**CLUB TEAM (4M/3W) & UNATTACHED TEAM(4M/W)**

POSTAL ENTRIES (INC A5 SAE FOR MAP/NUMBER) BY 11.02.17 TO  
PAUL CARROLL, 21 PILGRIMS WAY, STANDISH, WIGAN, WN6 0AJ

PRE-ENTRY FEES (PAYABLE TO WIGAN PHOENIX):  
PER RACE £6 (£8 UNATTACHED)

OR ENTER ONLINE (FEES APPLY) BY 15.02.17 VIA

<http://www.runnersworld.co.uk>

<https://bookitzone.com/>

<https://www.race-results.co.uk/results/2017/>

ENTRIES ON THE DAY WELCOME - £7 (£9 UNATTACHED)

email enquiries to [paul.carroll@wiganphoenix.org.uk](mailto:paul.carroll@wiganphoenix.org.uk) or phone 07950 074173.

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**Standish Hall Trail Race      Oct/Feb/Both (please circle)**

Name \_\_\_\_\_ Club \_\_\_\_\_

DOB \_\_\_\_\_ Vet category \_\_\_\_\_ M/F \_\_\_\_\_ UKA No \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Signed \_\_\_\_\_ Date \_\_\_\_\_

Parental signature (for 16-17 year olds) \_\_\_\_\_

I am an amateur as defined by UKA/TRA rules. I agree to participate entirely at my own risk. I declare that I am medically fit to run & agree to be bound by UKA/TRA rules.